



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Jannis Ludwig

Total time: 1:12:53

Number: 45

Course: 25.50 km  
Lorsch Triathlon

Rank in course/Total: 77 (of 354)

Rank in course/Men: 69 (of 254)

Best time in course: 58:26

Category:  
männliche AK 3 (TM 30)

Rank in category: 12(of 30)

Best time in the category: 58:26

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	11:04	22:07	17	4:17	114	4:17	0.50	11:04	22:07	17	4:17	115	4:17
Wechsel S -> R	-	2:36	-	12	1:15	94	2:36	0.50	13:40	27:19	16	5:32	102	5:32
Schwimmen Total	0.50	13:40	27:19	16	5:32	102	5:32	0.50	13:40	27:19	16	5:32	102	5:32
Rad netto	20.00	37:43	1:53	20	6:54	119	11:58	20.50	51:23	2:30	16	12:26	110	12:26
Wechsel R -> L	-	0:43	-	4	0:07	28	0:11	20.50	52:06	2:32	16	12:17	102	12:17
Rad Total	20.00	38:26	1:55	14	6:45	101	11:43	20.50	52:06	2:32	16	12:17	102	12:17
Lauf Ziel	5.00	20:47	4:09	7	4:00	42	4:00	25.50	1:12:53	2:51	12	14:27	69	14:27